Belfast Health and Social Care Trust
caring supporting improving together

HERE4U

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here for u
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A Health & Wellbeing Initiative thats FREE for all Trust Staff

January - March 2027

What's On - Belfast City Hospital

AMHIC GYM HALL

(Acute Mental Health Inpatient Centre

Weekly Activities

MONDAYS



Clubbercise

6.15 - 7.15 PM

TUESDAYS



HIIT Class

(High Intensity Interval Training)

6 - 7PM

Register Now

Scan the QR Code for Registration Form

For More Information on What's On / Timetables & Registration form check out **bwellbelfast.hscni.net**